



# Mental Health & Wellness Resources



## Virtual Classes

You can register online by selecting the multi-registration site link below. All virtual classes are available at no cost to the KP community (members, non-members, employees, and physicians). All classes are delivered in Pacific Time (PDT).

Visit <https://webinars.on24.com/fehbp/Classes> to register.



## Self-Care Resources

A series of informational videos and supportive resources providing self-care tools to enhance the quality of your daily life.

Visit the Mental Health & Wellness website: <https://kp.li/3JImS1I> to find more information.